

National Night Out

Block parties, ice cream socials, cookouts and more are planned all around Howard County to support fostering a true sense of community. This annual community-building campaign promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. Residents are encouraged to attend or host a party in their own neighborhood. Look up the list of registered parties [here](#), or register your [own](#).

For more information, contact Howard County Police Department, Community Outreach Division at 410-313-2207 or HCPDoutreach@howardcountymd.gov



Seven Simple Ways to Reconnect With Your Kids This Summer

This **FREE** E-book from Hand in Hand Parenting delves into why summer breaks can cause so much upset for children. This booklet provides strategies for common parenting challenges such as whining, complaining, how to bust boredom, and setting limits on screens. If you've given up on the summer being fun, take time to look over (or print off) this booklet so that you can recommit to the break you actually wanted.



School Transition Workshops

Howard County
Library System

College Bound Workshops: Find help on a variety of options from: college essay writing workshops, discussing the elements of college admissions essays with a former college writing center professional, improving your first draft or beginning the writing process.

Moving Up to Middle School: Starting sixth grade? Meet new classmates, discuss the big move and learn the secrets to success. Compete in a book bag relay and combination lock time-trial! Cosponsored by Friends & Foundation of Howard County Library System and Howard County Public School System.

Kindergarten, Here We Come: Stories and activities to help mark that all important first day, including boarding a real school bus.



Finsta vs. Insta

What Your Kids Post and Where

It is very common for teens to have two or three Instagram accounts. Read to find out more about the Rinsta (Real + Instagram), Finsta (Fake + Instagram) and how teens choose what to post on each of them. Learn strategies on how to talk to your teens about their accounts.

FREE Cooking Classes

for kids age 8 to 17

Noon to 2:00 p.m. at the East Columbia 50+ Center, 6600 Cradlerock Way. Participants will learn how to make: unicorn French toast (August 7); acai bowl (August 14) and veggie pasta (August 21).

All classes are hosted by Healthy Little Cooks and are held in partnership with the Department of Community Resources and Services and East Columbia 50+ Center. For more information and/or to register, email alex@healthylittlecooks.com. Note, a parent or guardian must sign a waiver for kids to participate.



FREE Summer Cooking Classes

Date: Every Wednesday, July 3 - August 21, 2019
Time: Noon - 2:00 pm
Location: East Columbia 50+ Center
6600 Cradlerock Way
Columbia, Maryland 21045
Audience: Kids and Youth, ages 8 - 17
Cost: Free



What's on the Menu

Week 1: Mexican Pizza
Week 2: Chocolate Apple Muffins
Week 3: White Bean Hummus
Week 4: Veggie Scallops
Week 5: Veggie Tuna Salad + Edible Cookie Dough
Week 6: Unicorn French Toast
Week 7: Acai Bowl
Week 8: Veggie Pasta



All classes are hosted by Healthy Little Cooks and in partnership with Howard County Department of Community Resources and Services and East Columbia 50+ Center.

Local Children's Board
Department of Community Resources and Services

For more information: Email Alex@Healthylittlecooks.com

Teen Money Management

By Natalie Hlasko, Students 4 Service Intern

Throughout the summer, a significant focus a teenager has is finding a summer job, or even one they can continue to do during the school year to earn money. A job teaches kids how to become more responsible adults and sheds light on the importance of saving for the future. As a teen myself, I know how hard it is to save money; there are so many items I wish to buy which can be very tempting. It is important to make a plan to map out how you will save or spend money you earn from a job. Roy Yenoli from **MakingChange** presented a **Teen Health Matters podcast, Adulthood 101: How to Manage Money and Be Fiscally Responsible as a Teen.** This podcast gave tips on how to manage money and plan for your financial future. These suggestions can be beneficial for what lies ahead and provide insight from an experienced adult who knows how important it is to start saving money from a young age. It's a great podcast and I greatly recommend it for parents and teens.



Prepping Before the Transition to Back to School

Free Webinars from Understood and ADDitude

Organization Tips for the New School Year

From Understood
Mon., Aug. 5, 12:00 p.m.

Keeping up in school can be hard for kids who struggle with organization skills. Join Kristin Carothers, PhD,

Strategic Transition for Teens Moving to Higher Grades

From ADDitude
1 hour, On-Demand

Learn how to prepare for the transition from middle to high school and the steps

Reset Your Schedule for School: Create a Calmer, Happier, Easier Routine

From ADDitude
Thurs., Aug. 29, 1:00 p.m.

Learn how to collaborate with your child to problem-

for strategies to help your child get and stay organized this school year.



you can take over the summer to avoid a mad scramble during the first few weeks of ninth grade. Topics include: Independent Learning, Time Management and Social Skills.

solve and create a new morning routine. How to help your child develop “future thinking” and improve their sense of time. Topics include addressing sleep problems and nighttime routines, as well as dealing with the family morning “rush hour.”

Articles for Back to School Planning

Parents Back-to-School Survival Guide

Ideas from ADDitude to help you in the planning for the new fall routine. Learn about how to reset your child's internal clock, organize their closet, set the stage for manageable mornings, and more.

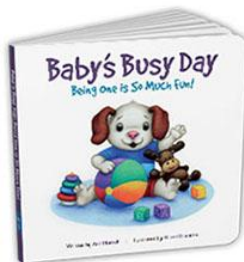
10 Things To Do BEFORE School Starts

Ideas from ADDitude to help set your child up for success before the fall. Read about how to review the IEP or 504 Plan if your child has one, develop organization systems with your child, communicate with teachers, and more.

Help Young Children With Transitions

The fall can mean transitions for little ones too. From starting a preschool to changing rooms in child care, learn ways from Child Mind Institute on how to help your child manage the transition process itself and pave the way for success!

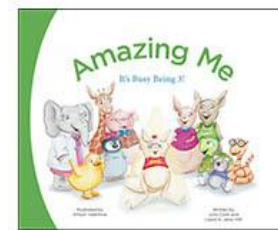
Free E-Book for Young Children



Being a **one-year-old** is so much fun with this e-book. Parents can read this book with their baby and learn what to celebrate as their child grows and develops in this first year. Available in **English** and **Spanish**.



This interactive book encourages **two-year-old** children to help Tiger and his forest friends in their search to find Bear. Parents can also learn developmental milestones as they read the book to their young child. Available in **English** and **Spanish**.



Joey, a **three-year-old** kangaroo, shows what he can do in one AMAZING day. Parents learn developmental milestones and children learn what new things that they can do as they read this book. Available in **English** and **Spanish**.

Howard County Recreation & Parks 2019 Fall Activity Guide

Catalogs have been mailed out and are also available **online** now. Registration can be done online, mailed-in, by phone and walk-in to the Recreation & Parks main office on Oakland Mills Rd.

The guide highlights programs, special events, trips, sports leagues,



and other amazing activities for Howard County residents and visitors of all ages and abilities to enjoy.

County Council News

Keep up with what is going on in your district as well as events in the community!

You can register to receive your district's newsletter via email by clicking on the link below: (To find your district, click [here](#).)

District 1 Newsletter

District 2 Newsletter

District 3 Newsletter

District 4 Newsletter

District 5 Newsletter



**Parents
and
Teachers
as Allies:
Mental
Health
Education**

**Howard County Library - East Columbia Branch
6:30 - 8:30 P.M., August 14**

Professionals and parents, learn how to better understand the early warning signs of mental illnesses in children, adolescents, and how best to intervene so that youth with mental health treatment needs are linked with services.

In partnership with NAMI - Howard County. Activities available for children ages 8+ in an adjacent room; limited space. [Register](#)

Household Tips To Be More Green

Courtesy of Howard County Recycling



Rethink how you purchase school supplies and reuse what you can from last year. It is pretty awesome to start the school year off with all new stuff, such as clothing, binders, folders, pens and pencils, but do you really need to? All that new stuff uses the earth's resources such as trees, water, energy, etc.

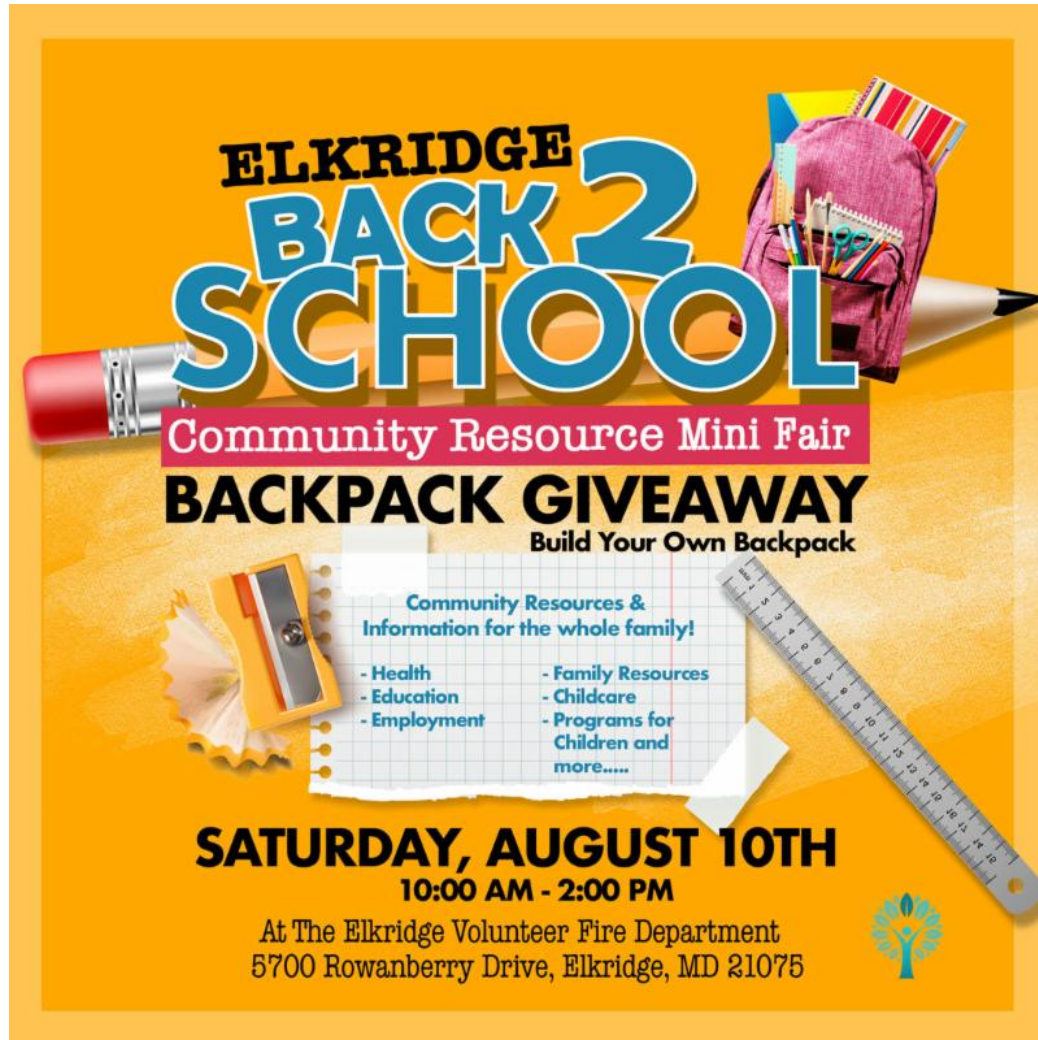
Don't brown bag it. Invest in a lunchbox, reusable plastic containers, cloth napkins and a thermos. Avoid buying individually packaged foods which adds up to a great deal of trash and is usually more expensive.

Ditch disposable water bottles. Save the planet and money by using filtered tap water and stainless-steel insulated water bottles, which keep drinks cooler longer.

Reduce your greenhouse gas emissions. Ride the **bus** when possible to individual vehicle emissions. If the bus is not an option, set up a carpool with neighbors or arrange for a chaperoned "walkpool." You'll save gas and get some exercise to.

Recycle as much as you can. Parents, set the example! Are you and your family recycling the right items? **Play our game** to see how you're doing. You can also **brush up on your skills**.

Cut down on electricity. Turn off lights and electronics when not in use and be sure to unplug cell phone, tablet and laptop chargers. These sound obvious, but you might not be doing them everytime. Smart power strips are available that prevent electricity from drawing on appliances that are turned off. Every little bit helps!



ELKRIDGE
BACK 2 SCHOOL

Community Resource Mini Fair
BACKPACK GIVEAWAY
Build Your Own Backpack

Community Resources & Information for the whole family!

- Health
- Education
- Employment
- Family Resources
- Childcare
- Programs for Children and more.....

SATURDAY, AUGUST 10TH
10:00 AM - 2:00 PM
At The Elkridge Volunteer Fire Department
5700 Rowanberry Drive, Elkridge, MD 21075

The poster features a bright orange background with various school supplies: a red pencil, a pink backpack, a ruler, and a pencil sharpener. The text is in bold, blue, and black fonts, with a pink banner for the mini fair.

Free Meals this Summer for Children

Click on the two double-sided fliers below for lunches, snacks, Weekend Warrior Snack Packs, and Roving Radish information.

| | |
|--|--|
| | |
|--|--|



HOT LUNCH PROGRAM SUMMER 2019

For more information:
contact HCPSS Food and Nutrition Services at hcpss.org/food-services or 410.313.6743.
This institution is an equal opportunity provider.

Free meals offered MONDAY - FRIDAY to all children ages 18 years and under at the following locations:

| SCHOOL SITES | JUNE 25 - AUGUST 16 |
|-------------------|---------------------|
| Deep Run ES | 12:30 - 1:30 pm |
| Ducketts Lane ES | 12:30 - 1:30 pm |
| Stevens Forest ES | 12:30 - 1:30 pm |
| Mayfield Woods | 12:30 - 1:30 pm |
| MS Oakland Mills | 11:30 am - 12:30 pm |
| MS Wilde Lake | 1:00 - 2:00 pm |
| MS Atholton HS | 12:30 - 1:30 pm |
| Hammond HS | 12:30 - 1:30 pm |

| MOBILE SITES (PARKING LOTS) | JUNE 25 - AUGUST 21 |
|-----------------------------|---------------------|
| Phelps Luck ES | 12:00 - 1:00 pm |
| Swansfield ES | 11:30 am - 12 pm |
| Jeffers Hill ES | 11:30 am - 12 pm |
| Howard HS | 12:00 - 1:00 pm |
| Wilde Lake Tennis Club | 12:15 - 12:45 pm |

| COMMUNITY SITES | JUNE 25 - AUGUST 21 |
|-------------------------------|---------------------|
| Howard County Library System | 12 - 1:30 pm |
| East Columbia Branch | 12 - 1:30 pm |
| North Laurel Community Center | 12 - 1:30 pm |

A community partnership through:






WEEKEND WARRIOR SNACK PACKS

Fridays, June 25th - August 21st




Weekend Warrior Snack Packs offers youth, **ages 18 and younger**, a **FREE bag of snacks** in order to provide **nutrition over the weekend** during the summer months.

Pickup Locations:

- Swansfield Elementary School (11:30—12:00 PM)
- Oakland Mills Middle School (11:30 - 12:30 PM)
- Ducketts Lane Elementary School (11:30 - 12:30 PM)
- Deep Run Elementary School (1:00 - 2:00 PM)
- East Columbia Branch Library (1:00 - 2:00 PM)

More Information: James Zoller, jzoller@howardcountymd.gov or (443) 745 - 1058

A Community Partnership Through:

**Sign Up for
Parent Pages**

If you were forwarded this e-mail and would like to receive the latest Parent Pages news and updates directly, please click!


**Howard County Office of
Children and Families**
 Department of Community Resources and Services

